



Handwashing

Children share many items throughout the school day and at home including books, toys, computers, puzzles, water bottles and sports equipment. Sharing can spread germs that can cause sickness, especially during cold and flu season. Correct handwashing is the best way to prevent the spread of infection.

Follow these simple steps to help stay healthy:

- Sneeze into the bend of your arm rather than into hands
- Wash hands before eating and after using the bathroom, nose blowing, sneezing, handling garbage, touching animals, playing outdoors and visiting someone who is sick
- Wash hands whenever they look or feel dirty.



Together we can take simple steps to help stop the spread of infection!

To learn more about preventing infections and proper hand washing at visit publichealthgreybruce.on.ca/Your-Health/Infectious-Diseases/Hand-Hygiene or contact Grey Bruce Health Unit at 1-800-263-3456

This material is provided by Grey Bruce Health Unit.